

PUBLIC INFORMATION STATEMENT
NATIONAL WEATHER SERVICE ALBANY NY
232 PM EST MON JAN 6 2014

...PRECAUTIONS FOR EXTREME COLD...

EXTREME COLD WEATHER WILL PERSIST ACROSS THE REGION INTO WEDNESDAY.
HERE ARE SOME PRECAUTIONS YOU CAN TAKE TO KEEP SAFE DURING THIS COLD
SPELL.

CHILDREN AND THE ELDERLY...THESE ARE THE MOST SUSCEPTIBLE TO COLD.
CHECK ON ELDERLY NEIGHBORS TO BE SURE THEY ARE WARM AND COMFORTABLE.

DRESS...IF YOU MUST VENTURE OUTSIDE...BE SURE TO DRESS WARMLY - IN
LAYERS - AND STAY DRY. WARM DRESS INCLUDES A HAT...SCARF...MITTENS...
AND WATER RESISTANT BOOTS AND JACKET. IT IS IMPORTANT TO STAY DRY.
WET CLOTHING CHILLS THE BODY RAPIDLY.

FROSTBITE...IS AN INJURY TO THE BODY THAT IS CAUSED BY FREEZING.
AT THE FIRST SIGNS OF REDNESS OR PAIN ON SKIN...FROSTBITE MAY BE
BEGINNING. VICTIMS ARE OFTEN UNAWARE OF FROSTBITE BECAUSE THE
TISSUE IS NUMB. IF YOU DETECT FROSTBITE...SEEK MEDICAL CARE. WHILE
AWAITING MEDICAL ATTENTION...SEEK A WARM SHELTER. IMMERSE THE AREA
IN WARM...NOT HOT WATER.

HYPOTHERMIA...IS A LIFE THREATENING CONDITION. WARNING SIGNS OF
HYPOTHERMIA INCLUDE SHIVERING...EXHAUSTION...CONFUSION...AND
DROWSINESS. SEEK MEDICAL ATTENTION IMMEDIATELY. IF THE BODY
TEMPERATURE IS 95F OR LOWER...THE SITUATION IS AN EMERGENCY. WHILE
AWAITING MEDICAL AID GET THE VICTIM TO A WARM ROOM OR SHELTER.
WARM THE CENTER OF THE BODY FIRST...CHEST...NECK...HEAD USING AN
ELECTRIC BLANKET OR SKIN TO SKIN CONTACT.

FREEZING PIPES...EXTREME COLD TEMPERATURES CAN LEAD TO RUPTURED
WATER PIPES. LEAVE WATER TAPS SLIGHTLY OPEN SO THEY DRIP
CONTINUOUSLY. IF PIPES DO FREEZE...WARM SLOWLY BY DIRECTING WARM AIR
FROM AN ELECTRIC HAIR DRYER ONTO THE PIPES.

HEAT YOUR HOME SAFELY...USE FIREPLACE...WOOD STOVES...OR OTHER
COMBUSTION HEATERS ONLY IF THEY ARE PROPERLY VENTED TO THE OUTSIDE.

PETS...KEEP DOGS AND CATS INDOORS. IF PETS NEED TO GO OUTDOORS FOR
BATHROOM BREAKS AND SUPERVISED EXERCISE - KEEP THE TIME BRIEF. PAY
ATTENTION TO SIGNS YOUR PET IS TOO COLD SUCH AS...SHIVERING...
WHIMPERING...REPEATED LIFTING OF PAWS AND LETHARGY.

KEEP IN TOUCH...WITH THE LATEST NATIONAL WEATHER SERVICE FORECASTS
AND WARNINGS THROUGH OUR WEB SITE...WEATHER.GOV/ALBANY...
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